

Hi, can you hear me okay?

30:53

Hi. Thanks. Thanks for taking my call. I wanted to ask you about, the best way I can put it is, how to work on my life now that it's changed a lot, in terms of, I need some help with some guidance, rubber on the road after learning a couple years ago that a lot of the things I've been dealing with throughout my life, depression and anxiety, came down to ADHD and, and traits of autism. And it all kind of added up then. And it has affected my life greatly in negative ways.

31:33

In what way? Tell me how it's affected your life.

31:39

Emotional struggles, executive function struggles, relationships. My marriage suffered greatly from it. I take accountability for that.

31:55

How did the marriage suffer? You need to be a little more descriptive please. Of what it is you were doing or not doing.

32:03

Yep. It's come to an end now. It's been a year and a half and I have to adjust to that. It's very difficult.

32:11

What did you do that hurt your marriage?

32:15

I was inconsistent. I was angry. I was, I kind of lost myself. I was not healthy enough to properly be a part of it, and I take that on. Absolutely. And, now afterward, knowing all of the ins and outs of where it came to be and being better informed now about how to deal with it, I feel very, I still feel very lost. And I was wondering if you have any experience or ideas.

33:03

Tell me what you are supposed to do to take control over it or deal with it. Tell me what you're supposed to do.

33:17

I would say take more responsibility and, I would say try harder, but the amount I've tried to shift and, and learn and be better has been far harder than I ever imagined. And I'm not averse to difficulty, but it feels like I'm starting over and ...

33:44

You are. You are. And that's okay. 'cause the alternative is to just keep going downhill. Yeah. Second chances are really good. It is like a person who has been a drunk and now they're sober and have to figure out how to do sober. It is difficult and it takes time and and you usually need some support. And that's where a counselor does come in, a good one. Or, in your situation, with what you're saying, a group therapy situation, not like the ones they show in movies where everybody's mean and nuts, but a really good group situation where people are supportive of each other. Because then you learn interaction. So, these are the tools and I know it's hard to be patient when you want things just to be better, but they happen slowly.

34:52

And as well, I'm having a lot of struggle developing inner strength.

35:01

Sweetheart, all these things you're talking about are real. You've been right on the mark and, and all the things that you've been saying are difficult. I agree with you. They all are. It's very difficult. And your alternative is not good.

35:20

Well, that's what scares me.

Well, yeah. Facing what's difficult is a challenge. And you know how we feel when we accomplish a challenge. We feel good. So I rarely say this, but I'd like you to keep what people call a journal. The effort you've put in and has there been a payoff. And then when you have a mopey day, you take out the journal, you go backwards in it and you go, oh man, I don't do that anymore. That's progress when you're living in it every day and don't have a comparison. It's hard to think anything positive is happening. So I'd like you to keep a journal and be totally honest in the journal. I find this scary today. I found that scary today. I found that annoying today. I found that difficult today. And then a week later look back and say, well, you know, I don't find that scary anymore. 'cause I've faced it so many times. It's not scary. You need to see your progress or you are gonna be real negative in an ongoing way.

36:42

What are your thoughts on how to face grief, sadness, and loss?

36:51

I get up the next day and take care of things I have to take care of . Responsibilities don't go away 'cause we're sad. And frankly, responsibilities save us from just sitting there in sadness.

37:07

And do you suggest that the sadness and the grief is just something to hold and go through that? Or do you...

37:17

You don't hold it. You feel it and you take responsibility for the next day. You've heard that soldiers in war can get shot in the leg. They don't even know they've been shot because they're running forward and taking care of business. And then when all the action stops, they sit down and go, ouch. That's the way our nervous system works, psychologically, also, while there's pain of loss and you accomplish something in spite of that, it's only when you sit and think, oh my God, that all the ugly stuff comes back up. You can't get away from the ugly stuff. And if you really do have these diagnoses, then combined with your early childhood experiences and your adult experiences, you formed a way of looking at yourself in the world. Now that has to change from avoidance and fear to taking on challenges and giving yourself some perks.

38:33

That's well said. Thank you.

38:37

If you're not nicer to yourself, this will all just suck.

38:42

Oh, that's a ... I have to admit, that's the hardest part is the

38:47

Yeah. But it gets easier once you learn and make it a habit. Everything that's difficult gets easier as you practice it. Everything, even emotional stuff.

39:04

How do you suggest people work to make inroads back to the those they've hurt.

39:20

You have to be successful in your own person and people have to see that. You can't convince them of anything, they have to see it. So, the more you pick yourself up and move forward, the more they see positive things.

39:49

And then ask or wait, do you suggest people ask or wait and let them decide?

40:02

Let them decide, otherwise they feel pressured. Okay. these are the things I've learned. These are the things I'm working on. My best dream is that you'll be patient and see how I progress. That is an invitation, not a command or a demand. People are better with invitations.

40:28

Yeah. Make an offer and allow them to decide.

40:33

You are asking all the right questions, dear. Thanks. You are.

The patience part I've developed. it's the pain and the quiet moments, and not for myself, but for what I've caused to those that I care about.

41:05

Everybody has to go through their own stuff. So whoever you hurt, they have to go through their own stuff. You can't just go back and hit that with a magic wand. So, we don't really know how it's all going to turn out, but the more we say to ourselves, the best chance I have for this to come back together is for me to do a lot of hard work right now and stop whining about things being difficult. You're on a mission now.

41:41

Yes. Absolutely. Where do you suggest the balances between what I do want for myself and my life and as well as still letting go of expectation.

41:58

Ah, you're just, you stuck your foot in it. Come on. Now you're making it harder. That was an expectation,

42:10

Huh? Okay. I see what you're saying. ,

42:13

You just, you just stuck your feet in glue. You're overthinking now.

42:23

Yeah. That's a tendency for sure.

42:25

Yeah. Yeah. Worry is about overthinking. Anxiety is overthinking instead of doing, we're going over it about how scary it is. Yeah. Come on. The road you're on is very difficult. I hope you'll call in from time to time for me to maybe help a little bit here and there.

42:56

Indeed. Thanks so much for the input.

42:59

You are very welcome. Call me back. I hope you will. My number 1 800 375 2872. That was, that was serious. Beautiful and painful. There's something beautiful when people are looking deep within themselves, wanting to be better. Not quite sure how to get through all the levels to get to the top. There's something beautiful in the human spirit in wishing that to be. I admire that in people.